



# Market News The Tribune Institute Good Cookery

## One-Plate Dinners and Porch Suppers Simplified in Cooking and Serving

### Easily and Quickly Prepared Meals to Serve Outdoors

Dishes You Will Enjoy Making for a Sunrise Breakfast, Shady Noon Luncheon or a Moonlight Supper Party

By Virginia Carter Lee

WITH the coming of midsummer every woman is looking for ways and means to simplify the serving and cooking of meals, while at the same time maintaining her high standard of presenting her warm weather menus in a most attractive and appetizing manner.

One-plate dinners (that first came into prominence on the Pullman dining cars and in some of the hotels) is one of the answers to this problem, as it does away with the washing of many dishes and greatly simplifies the service.

Large plates, or, rather, platters, for individual service, may now be purchased, and it is only a matter of a few minutes to assemble the entire meal on one of them. With a little practice, if one cold edible is to be served, like a salad or cold dessert, this may be ready on a chilled plate in the icebox, and if placed on the platter, resting on a tiny piece of asbestos, it will keep delightfully cold even if the large platter is heated.

The group of breakfast menus are of a character to be prepared directly on the breakfast table, and it makes little difference whether one serves them in the cool dining room or on the porch. If you are fond of outdoor eating let your next extravagance be a porch plug, from which you can attach your electric grill or percolator. It will prove a constant pleasure.

Porch luncheons and suppers during the summer months should be daily events instead of "party affairs." Everything tastes better, when served out of doors, and if the menus include cold viands (these should have first choice) there will be little labor attached, save setting the table and bringing in the dishes from the ice chest.

Try a delicious porch supper some torrid night when it seems almost too hot to eat and see if "John and the children" do not approve; while if you have a maidless household you will derive the benefit of donning a pretty, thin gown without thought of standing over the hot range and getting dinner.

**Porch Suppers**

Two of the porch supper menus are entirely of cold dishes and the other two comprise one with hot vegetables and cold cuts and the other a delicate hot meat dish that can be prepared on the electric grill. In buying cold cuts it is well to patronize a good delicatessen shop.



### "Contribs" From Our Readers

WHILE one of New York's favorite newspaper book critics buries his nose in the latest editions of his mother reads the Institute pages and takes to her heart—and her kitchen—the suggestions found therein.

In response to our recent plea for non-cooking hot weather suggestions she sent in her favorite Sunday luncheon and dinner menus:

**Sunday Luncheon**

Olive Canapés  
(Squares of toast spread with olive butter)

Coddish Balls  
(Very small, fried in deep fat)

Cold Tongue

With Sliced Cucumbers and French Dressing

Rolls

Hard Boiled Eggs in Aspic Jelly

Saltines

Raspberries and Cream

Iced Tea Small Cakes

**Sunday Night Dinner**

Half Cantaloupe

Cold Leg of Lamb, Mint Sauce

Hashed Potatoes in Cream

Crowned with Breadcrumbs and Cheese

Cold Asparagus, Russian Dressing

Lemon Sponge Coffee

E. B. B.

### A Cucumber Dish From

**The Land of the Midnight Sun**

TO have fresh cucumbers when the snow flies, heed the Swedish method for preserving them, and when summer markets are stocked with them, prepare your winter supplies.

Into a gallon glass jar put a thick layer of dry salt, then a layer of sliced unpared cucumbers, making

where many varieties of cold meat may be had in small or large amounts. Cold chicken, baked Virginia ham and jellied tongue, cut in waferlike slices, form a most delicious combination.

Porch luncheons should always consist of cold dishes, with a generous amount of sandwiches, cold meats or salads, an iced beverage and fruit. A menu of this kind takes but little time to prepare and it is not only cooling but appetizing and nutritious as well.

Individual budgets are included here for each meal, and portions for four persons are allowed for in each.

**Iced Breakfast Drinks**

Iced beverages are suggested in two of the breakfast menus, and although this may seem like something of an innovation they will be found very refreshing and not leave one in the wilted condition that the hot beverages will. Try it and be convinced.

In planning the plate dinners a cold meat course with delicious hot vegetables has much to recommend it, and as the latter are not difficult to cook, even on a hot night, the culinary labor need not be arduous.

The chilled vanilla junket served in the halved cantaloupe is especially good, and although not quite as rich as ice cream it is very delicate and blends delightfully with the fruit.

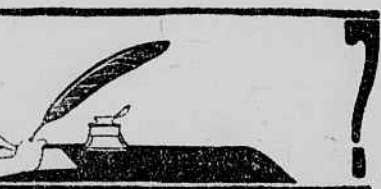
For the chilled compote of fruit with rice use any of the seasonable fruits, like peaches, berries or plums. Cook with very little water and sugar to taste until quite thick and turn out on a layer of cooked custard rice that has been molded in a shallow dish in the ice chest.

The toasted cheese sandwiches are made by blending together one cupful of grated cheese, one teaspoonful of Worcestershire sauce, a quarter of a teaspoonful each of salt and paprika and half a teaspoonful of French mustard. Spread between buttered slices of bread, and toast on both sides. These are very good with any salad.

In making the coffee ice cream cake use one of the commercial sponge cakes or make your own. Cut in rather thin slices and fill each "cake sandwich" with a thick layer of coffee ice cream. Ornament the top with a rose of sweetened whipped cream and top with a candied cherry.

**Tomato Cocktails**

The tomato cocktails serve the first course of a summer dinner or supper in the most satisfactory way.



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To make them, allow for an individual portion three tablespoonfuls of diced, peeled and chilled tomato, a few shreds of green pepper, four tiny pearl onions, four chopped and peeled radishes and a tablespoonful of cress. Marinate in a French dressing, for one hour, drain and turn into a chilled cocktail glass. Top with a tablespoonful of horseradish dressing.

The question of iced beverages has been fully discussed in a previous article, and one can hardly go wrong with a foundation of lemon and sugar, the addition of any fresh or

## Let's Go to Spain for a Unique Dinner!

By Louise Bonney

AN EXOTIC Spanish shawl; tiny, intriguing combs of red and green; castanets, the jazz element of their music and dance; a deceptively demure fan seen at a Spanish friend's studio may have started the idea. Or was it Petrova with her white peacock? Or the dancing of the little Spanish artist who appeared in —? If we go to Spain for interior decorations, for adornment, for music and the dance, why not for food? Our Spanish friend liked the idea and promised to cook if we shopped. He would prepare the dinner and supply atmosphere if we would page the food and supply the kitchen. This was his list:

Rice—One pound.  
Cicira beans—One pound.  
Chicken—Three cupfuls.  
Pimientos—One can.  
Tomato sauce or paste—One can.  
Liver—Half a pound.  
Cheese (Parmesan or American)—One-fourth pound.  
Green Peppers—Ten.  
Red peppers—Two.  
Bananas—Six.  
Olives—One pound.  
Milk—One pint.  
Capers—One bottle.  
Olive oil.  
Thyme, allspice, cinnamon, onion.  
Butter, sugar, coffee, Italian bread.  
It looked appallingly long and seemed to demand a full pocketbook and a searching disposition.

### The Shopping Is Ha' o' It!

First we took an inventory of our own pantry and were able to cross thyme, allspice, cinnamon, butter, sugar, milk, coffee and oil from the list. A trip to the chain grocery on the corner gave us pimientos, onion, capers, bananas and rice; then a young chicken and the liver at the butcher's slimmed down our pocketbook a little.

Then to the Italian stores, for our Spanish chef had told us that many ingredients for Spanish cooking could be purchased at Italian stores more conveniently. It seems that there are very few shops in the city which specialize in Spanish food.

By this time an economical point of view seemed so natural that instead of patronizing any of the shining, pretentious Italian stores in our neighborhood we went south on one of the streets leading from Washington Square, where the little



neighborhood stores live in what must be a friendly but close rivalry. Here we completed our purchases with tomato paste, cicira beans, green and red peppers, loose olives and long loaves of bread and Parmesan cheese. This store opened a new world to us, the world of strange and fascinating beans, peas and other dried vegetables, which were arranged against the wall in boxes with shining glass fronts. It may have been the freshness of color or the cheapness, or only curiosity, that led us on. First it was the cicira bean, a large yellow bean, looking more like an overgrown pea than a bean, then the trim little red bean, then the split pea. We might have taken samples of them all for experimentation if our bag had only been more elastic.

The dessert took a special trip. We could hardly believe it when our Spanish chef said we must go to Pearl Street for the dessert. Pearl Street spelled the down-town New York of newspapers, stocks and bonds, wholesale fruits—anything but delicate pastry. But here we found the little Spanish store tucked away with its delicious cakes, its Spanish combs, its strange delicacies.

The cakes were worth the trip—simple, light, delicious—a combination of egg and sweets quite unknown to us.

Preparations commenced twenty-four hours before, when we put the beans to soak. And since there had been no specific direction as to quantity, we decided that two pounds looked about enough for ten persons. What a shock it was the next morning when we found them overflowing the dish and spreading all over the table—six quarts at least! So you may profit by our experience. We cooked them all, but we had enough for a week afterward, and so did our German laundress, our Irish cellarman and our negro scrubwoman. One quart, then, cooked slowly in salted water for two hours, or long enough to soften them. Let them stand in their liquor until you are ready to use them. Then combine them with other ingredients, following this recipe:

### Spanish Garbanzos (Cicira Beans)

For five persons soak about a half pound overnight, and then cook in salted water about two hours. When ready add the following seasoning:

Fry in olive oil about a half cupful of chopped peppers and onions, a pinch of thyme and allspice. To this add two tablespoonfuls of minced salmon and two minced anchovies. When this is browned add a can of tomato sauce or tomato paste. This seasoning can be kept for several days in glass jars.

As no Spanish dinner is complete without rice in some form we included

### Galician Rice

Add two cupfuls of rice to boiling water in which one teaspoonful of lard has been put. Boil the rice until it is soft. Pour off any water that may be left. Add half a cupful of pimientos, a small amount of tomato sauce and about a cupful of minced ham or chicken. Cook this mixture over a slow fire to blend. In serving, cover with uncooked pieces of red pepper or pimiento.

We have eaten stuffed peppers of all kinds, from the boarding house variety reminiscent of yesterday's dinner to the glorified type served in the gilt restaurants of up town, but the Spanish pepper is unrivaled.

### Pimientos Reyesnos (Stuffed Peppers)

Parboil the peppers until the tough outer skin can easily be removed. Remove this and cut out the centers. Cut a thin slice from the bottom if it is necessary to make the pepper stand upright. Stuff with rice prepared as above.

### Banana Dessert

Americans are so unimaginative about bananas. As an addition to the morning cereal, yes. Sliced and served with cream as an emergency dessert, yes. As the afternoon lunch for the small boy, yes. But beyond that we have little acquaintance with them. The following recipe will serve as a delicious dessert or as an attractive entree:

Cut in halves lengthwise large bananas. Place them in a flat dish and sprinkle with grated Parmesan cheese (or American) and cinnamon. Dot with small pieces of butter and bake for ten minutes in a slow oven. Then sprinkle with powdered sugar. Replace in the oven and bake until brown.

With these dishes were served long loaves of Italian bread, to be cut at the table; butter, and at the end black coffee.

### Menus and Recipes With Estimated Costs for Summer Meals

The Kitchen Stove Is a Minus Quantity, While Crisp Salads, Cold Beverages and Frozen Desserts Are Featured

canned fruit, loganberry or grape juice and enough carbonated water or ginger ale to dilute it and give a zest or sparkle. Nothing improves a summer beverage more than the addition of Maraschino cherries with the cordial. Since prohibition it is the "best substitute" to take the place of the "has-beens."

### Aspic Canapés

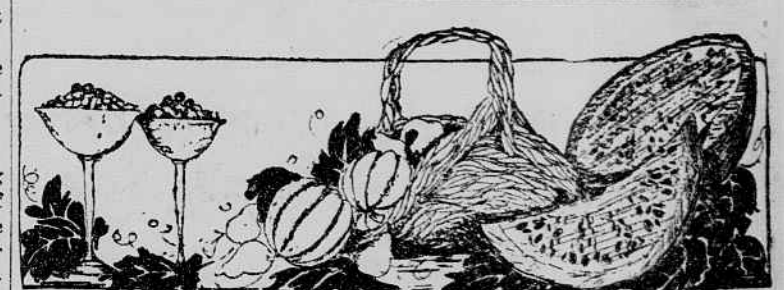
For a quickly made aspic jelly place in a saucepan half a bay leaf, a slice each of tomato, onion and minced green pepper, one diced carrot, a tablespoonful of chopped parsley, salt and paprika to taste and a little celery salt. Cover with two cupfuls and a half of water, bring to the boiling point and simmer for twenty minutes. Strain, stir in two chicken bouillon cubes, and when they are dissolved add a tablespoonful of granulated gelatine, softened in two tablespoonfuls of white grape juice. Pour into a square pan, chill on the ice, and when firm cut in cubes. Heap on rounds of fried bread and garnish with halved, stuffed olives and minced cress.

### Peach Cobbler

Peel peaches, halve them and place in a deep baking dish. Sprinkle liberally with sugar, dot with bits of butter and dust very lightly with ground cinnamon and grated nutmeg. Add also a few of the cracked peach pits and cover the top with a layer of rich pastry, rolled rather thick. Make several incisions for the steam to escape and set in a hot oven for the crust to bake quickly. Then reduce the heat and cook more slowly for about twenty minutes. Serve with a hard sauce, flavored with sweet almond extract.

### Creole Shin of Beef

Wipe off with a damp cloth a four-pound shin of beef, sprinkle with half a teaspoonful of salt, a quarter of a teaspoonful of paprika and put into an iron kettle or earthenware crock. Add one sliced carrot and one minced onion, cover closely and bake in a very slow oven four hours. (This is excellent prepared in the fireless cooker.) Remove the meat from the bones, cut in shreds and mix with just enough very thick tomato sauce to slightly moisten. Pack into a square mold, chill and unmold. The tomato sauce is made from the skimmed beef liquor, in which the meat has cooked (no water) and just enough tomato catsup to flavor.



## Menus Varied and Interesting

### Four Summer Breakfasts

(COST 98 CENTS)

Molded Cereal with Peaches and Cream

Scrambled Eggs with Buttered Toast

Vegetables

Iced Coffee

### Four Delicious Suppers

(COST \$2.90)

Iced Chicken Bouillon

Cold Salmon, Piquant Mayonnaise

Parker House Rolls

Chilled Cucumber and Young Onions

Grape Juice Cup

Cantaloupe with Ice Cream

### Four Summer Breakfasts

(COST \$1.10)

Red Raspberries and Cream

Toasted English Muffins

Radishes

Grilled Smoked Herring

Coffee

### Four Delicious Suppers

(COST \$2.60)

Clam Bouillon with Whipped Cream

Crackers

Panned Sweetbreads with Peas

Finger Rolls

Mint Julep

Fruit Salad, Honey Cream Dressing

### Four Summer Breakfasts

(COST 82 CENTS)

Cantaloupe

Broiled Bacon Rolls

Cress and Egg Sandwiches

Coffee

### Four Delicious Suppers

(COST \$3.20)

Puree of Fruit

Cold Cuts

Green Corn

Watercress and Pimiento Salad

Ice Cream

Fruit Punch

### Four Summer Breakfasts

(COST \$1.18)

Chilled Cubes of Watermelon with Pineapple and Grape Juice

Uncooked Cereal with Cream

Cinnamon Toast

Coffee

Milk Shakes

### Four Delicious Suppers

(COST \$2.85)

Tomato Cocktails

Crackers

Cold Fried Chicken, Potato Chips

Finger Rolls

Frosted Ginger Ale

Bartlett Pears

### Tongue Mousse

Put through the meat grinder two cupfuls of cooked tongue and add one tablespoonful of granulated gelatine, softened in two tablespoonfuls of cold water and dissolved over hot water. Season with one teaspoonful of French mustard, a quarter of a teaspoonful of paprika and fold in half a cupful of heavy cream, whipped solid. Turn into a mold rinsed with cold water, chill on the ice and serve with a horseradish sauce.

### Piquant Mayonnaise

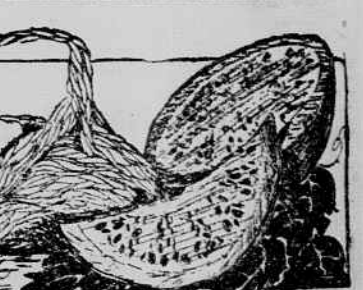
This is particularly good and very attractive to serve with any variety of chilled fish. Beat the yolks of two eggs until light and lemon colored and add a scant half teaspoonful each of powdered sugar and salt, a quarter of a teaspoonful of paprika and a quarter of a teaspoonful of dry mustard. Beat again until the ingredients are thoroughly blended, and add slowly, a little at a time, one cupful and a half of salad oil, alternating with one and a half tablespoonfuls each of mild vinegar and lemon juice. When the dressing is thick and very creamy stir in one tablespoonful each of drained capers, chopped stuffed olives and mixed green pickle.

### Mint Julep

Place in a large bowl two cupfuls of cold tea, a bunch of crushed mint, the juice of two lemons and two oranges, one small cupful of sugar and three whole cloves. Let stand on the ice for several hours, and when ready to serve strain and add one orange cut into bits, one pint of white grape juice, a few bits of pineapple, a small bottle of maraschino cherries and a quart of chilled carbonated water. Pour into tall glasses half filled with cracked ice and top with a small bouquet of fresh mint.

### Fruit Salad

Different combinations of fruits may be used, but at this season of the year the seasonable fruits should, be given preference. To serve four, mix together (have the fruits all chilled) one ripe cantaloupe cut in dice, two peeled peaches, eight green gages cut in quarters, one large Bartlett pear cut in cubes and a quarter of a cupful of shredded pineapple. Mix with a honey cream dressing and serve in crisp white lettuce cups. Use the drained fruit juices as the basis of the dressing, thicken with egg yolks and add the honey, seasoning and the whipped cream when cold.



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Bartlett Pears